

## FRAGILE WORLD ON THE SPECTRUM

*MY WORLD IS “CONFUSING” AND “OVERWHELMING”!!*

### OVERWHELMING ENVIRONMENTAL DEMANDS

- Too much, too fast!
- Too loud, too bright!
- I don't understand!
- What do they mean?
- I don't know how to act!
- What is expected?
- How should I respond?

### WEAK & FRAGILE NERVOUS SYSTEM

- Sensory defensive; over-reacting to stimulation.
- Poor registration of information.
- Problems integrating senses.
- Becomes overloaded easily.
- Poor digestive and weaken immune systems
- Areas of brain do not work well together to give meaning to event.

### STRESS OVERLOAD!

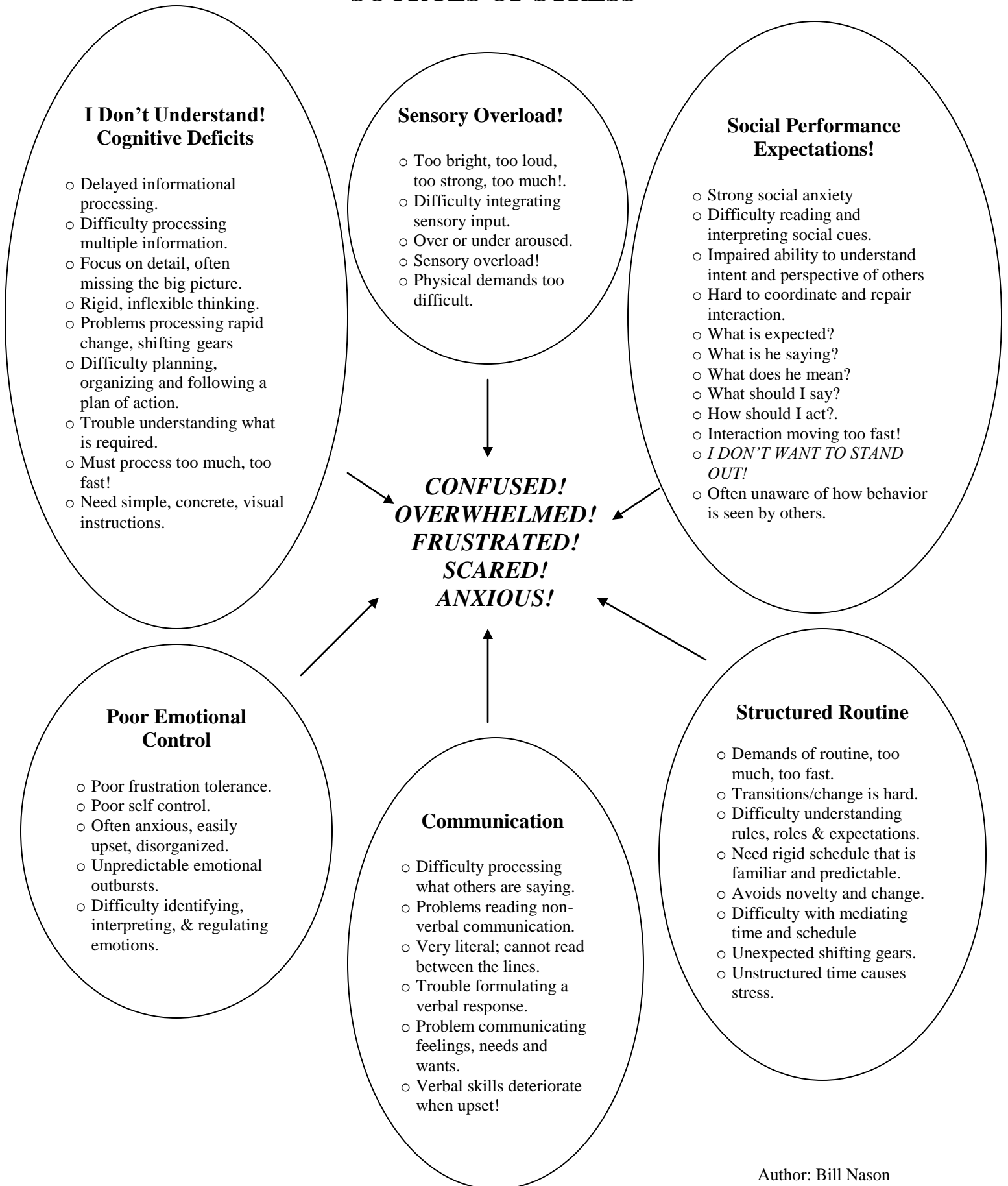
- Build up of stress chemicals.
- Feeling confused, overwhelmed.
- Feeling frustrated, anxious and scared.
- Break down of thought processes and ability to regulate emotions.

### *FIGHT, FLIGHT, OR FREEZE!*

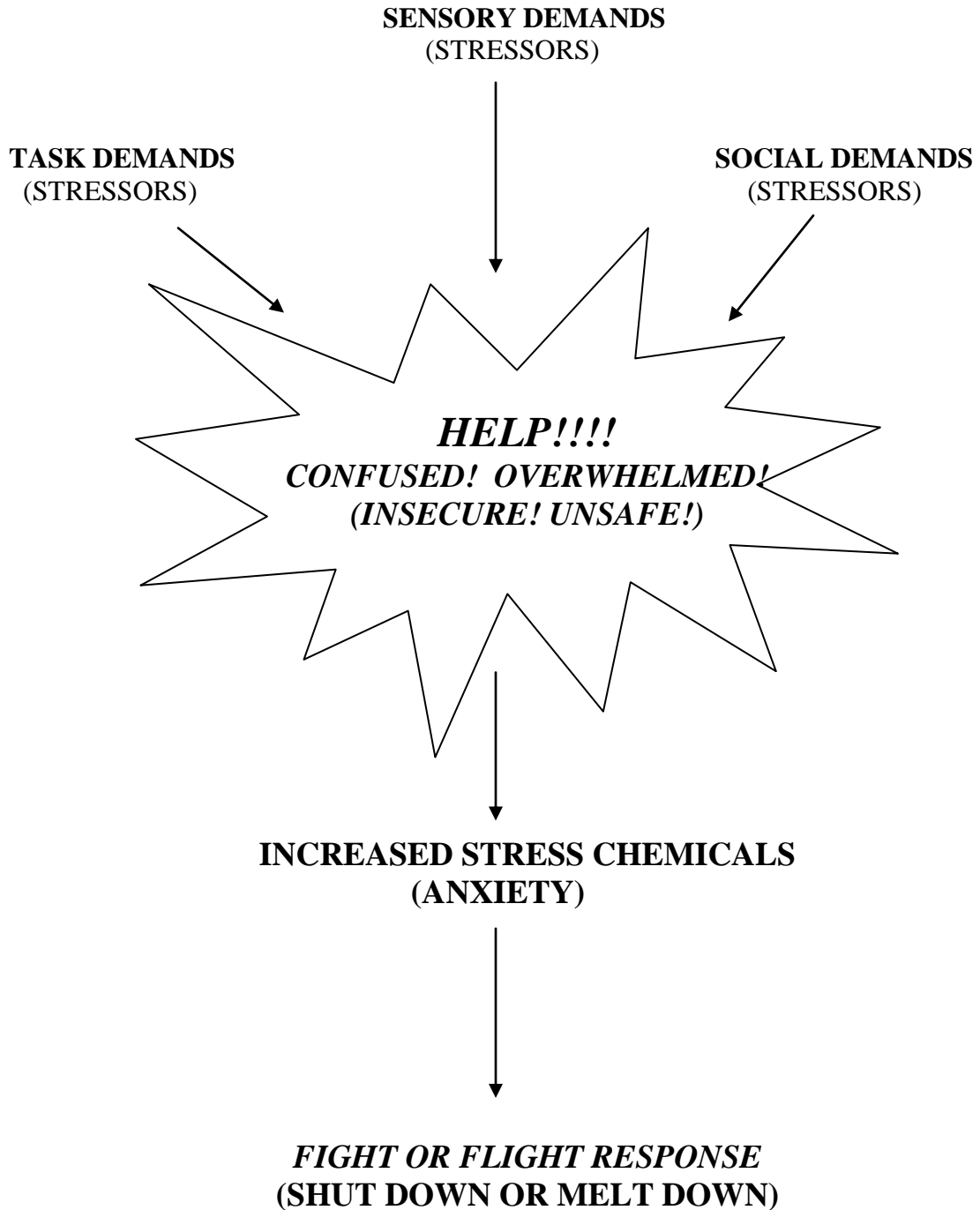
- **Shut-downs:** Withdraw; unresponsive; nervous system shuts down in order to rebound.
- **Meltdowns:** Tantrums, aggression, property disruption, self-abuse, all in attempt to release stress chemicals and to escape/avoid stressors.

**PLEASE HELP ME TO UNDERSTAND AND FEEL SAFE, ACCEPTED, AND COMPETENT!!**

# SOURCES OF STRESS



# STRESS REACTION



# STRESS REDUCTION

